

Potato Salad with Charred Chiles and Corn

This recipe from Salads: Beyond the Bowl by Mindy Fox was a hit in our Main Dish Salads cooking class. I never had the opportunity to meet Mindy at our New York office, but we both worked at La Cucina Italiana magazine until the U.S. edition was shuttered. The recipes in La Cucina Italiana under her direction were always inventive and so I was glad to find her book loaded with some very creative salad recipes like this Potato Salad with Charred Poblano Peppers, Sweet Corn and Crema.

2 pounds	small Yukon Gold potatoes (1 1/2" to 2" in diameter)	3 1/2	large cup	garlic cloves, minced
2 large	Anaheim chiles (or Poblano, Hatch or Pasilla)			Mexican crema or 1/4 cup sour cream + 3 Tablespoons plain whole milk yogurt
1 medium	jalapeno chile	1 1/2	Tablespoons	lime juice
2 Tablespoons	vegetable or olive oil	1/8	teaspoon	ground cumin
3 ears	fresh corn, cut from the cob	1/4	teaspoon	kosher or sea salt to taste
1 medium	red or white onion, diced	1/3	cup	finely chopped cilantro leaves

- 1 To make the potatoes in a flash, cut the small potatoes in half so they are near bite size and similar in size and bring to a boil in a wide pot of salted water until fork tender. They will cook in about 10 minutes. Do not overcook. Drain and let cool.
- 2 At the same time, place chiles and jalapeno on a grill to char them. Watch the grill and turn the chiles until all sides are semi-blackened. Immediately place them into a plastic bag to steam for at least 15 minutes, longer is better. Once they are steamed, the skin pulls off easily and you will remove the seeds and stems and dice the large chiles and mince the jalapeno.
- 3 While the potatoes and chiles are cooking, heat oil in a large skillet over medium-high heat and add the cut corn and onion, reduce the heat to medium and cook, stirring frequently for 8 minutes. Stir in the garlic, cook for 2 minutes more. Remove from heat and let cool. Add the minced jalapeno to the mixture when ready and stir together.
- 4 Once the potatoes are drained and cooled, assemble the vegetables together...the potatoes, diced chiles and corn mixture in a serving bowl.
- 5 In a small bowl, stir together the Mexican crema or sour cream and yogurt along with the lime juice, cumin and salt to taste. When ready to serve, add this mixture to the assembled vegetables along with the cilantro and gently stir. Garnish with some cilantro sprigs.

Servings: 6

Preparation Time: 18 minutes

Cooking Time: 15 minutes

Total Time: 33 minutes

Nutrition Facts

Nutrition (per serving): 279 calories, 86 calories from fat, 9.8g total fat, 8.4mg cholesterol, 112mg sodium, 967.3mg potassium, 45.2g carbohydrates, 6g fiber, 5.3g sugar, 6.7g protein.

Source

Author: Adapted by Patricia K. Rose

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